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1 AMENDMENT TO HOUSE RESOLUTION 24 2 AMENDMENT NO. . Amend House Resolution 24 by replacing 3 everything after the heading with the following: "WHEREAS, Miss Illinois and Miss Quincy 2011, Megan Ervin, 4 and Miss Quincy Outstanding Teen 2012, Mackenzie Mahsman, have 5 6 sought to make the public and, in particular, Illinois school 7 children and their parents more aware of the urgent need to choose and embrace daily physical activity and choose healthy 8 9 food choices; and 10 WHEREAS, The Center for Disease Control and Prevention has 11 reported that childhood obesity has practically become an 12 epidemic in developed nations, with rates tripling over the last 30 years; and 13

WHEREAS, In the United States of America, approximately 20%

of children between the ages of 6 and 11 are considered obese;

active; and

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- WHEREAS, Poor diet and little exercise are the two main 2 3 causes of childhood obesity, as children who eat too many 4 calories and get very little exercise are much more likely to 5 become obese than those who eat a healthy diet and remain
- 7 WHEREAS, Poor diet and little exercise can lead to heart 8 problems, emotional distress, diabetes, and sleep 9 disturbances, which all have terrible consequences for everyday life during childhood and into adulthood; and 10
- WHEREAS, Limiting junk food, increasing activity levels to 11 12 around 60 minutes a day, and teaching children about the benefits of healthy habits can all lay the foundation for a 13 healthier lifestyle for each child; and 14
- 15 WHEREAS, The economic costs of childhood obesity can become 16 drastic; the direct costs of medical visits, diagnostic 17 studies, and therapeutic services can be very expensive, while 18 indirect costs can include a decrease in productivity, 19 absenteeism, and premature death; in 2008, estimates for direct 20 and indirect costs related to childhood obesity reached up to 21 \$147 billion; and

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1 WHEREAS, Miss Illinois and Miss Quincy 2011, Megan Ervin, and Miss Quincy Outstanding Teen 2012, Mackenzie Mahsman, have 2 3 visited some of Illinois' schools to promote physical fitness 4 in school as a way to enhance overall physical fitness, curb 5 childhood obesity, and develop healthier, active, confident children; and 6

WHEREAS, Illinois schools are mandated to provide Illinois school children with a physical education curriculum; this resolution is not intended to impact the public school curriculum in this regard or increase any requirements on Illinois schools, but merely to encourage other school children to consider voluntarily incorporating more physical activity and healthier food choices in their daily routines as a proactive measure to address the childhood obesity issues; therefore, be it

RESOLVED, ΒY THE HOUSE OF REPRESENTATIVES ΟF THE NINETY-EIGHTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we urge Illinois schoolchildren and their parents throughout the State of Illinois and Illinois teachers and school officials to promote daily physical activity for Illinois' schoolchildren so they will enjoy healthier, active lifestyles and urge parents and their children to embrace better nutritional choices to further build healthier lifestyles; and be it further

- RESOLVED, That suitable copies of this resolution be 1
- 2 presented to Megan Ervin and Mackenzie Mahsman as an expression
- of our gratitude and respect.". 3